



The

GUNFIGHTER

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366th Fighter Wing, Mountain Home Air Force Base, Idaho

Sept. 23, 2005

Newsline

Picnic in the Park

The Mountain Home Air Force Base Enlisted Spouses Club is hosting a Picnic in the Park Saturday from 3:30 to 7:30 p.m. at Richard Aguirre Park. Games, food and prizes will be available for the whole family. To RSVP, call 587-0778 by Tuesday.

AFSA meeting

Chief Master Sgt. Kevin Fallen, Air Force Sergeants Association's International active duty trustee, will speak at the Base Theater Thursday at 7:30 a.m. and 3:30 p.m. Everyone is invited to come out and hear what Capitol Hill is doing for the members of the Armed Forces. This will also provide the opportunity for troops to address Chief Fallen on any issues or questions they may have. Chief Fallen will also be a guest speaker at the AFSA general membership meeting at the Gunfighter Club Sept. 30 at 11:15 a.m. For more information, call Tech. Sgt. Jennifer Dack at 828-2103.

Morning safety

Summer is coming to a close and it's starting to stay dark later every morning. In an effort to stay on top of the game and remain safe, it's time to dig out the reflective belts again.

MDG closure

The 366th Medical Group outpatient clinics and ancillary services will be closed Tuesday in order to support Wingman Day. The Pharmacy will also be closed. The Emergency Room will remain open for immediate health care needs. For more information, call the MDG Beneficiary Counseling and Assistance Coordinator at 828-7803.

DRMO closure

DRMO will be closed Oct. 4 - 11 and reopen Oct. 12. For more information, call 828-4458.

MPF closure and updates

The Military Personnel Flight will be closed Tuesday due to Wingman Day. The DEERS system at the MPF Customer Service will be unavailable Oct. 13 due to patch updates. They will not be able to create ID cards, update marriages or births, or any other function requiring the DEERS system. For more information, call 828-3184.

Hazmart online training

The Hazmart Pharmacy now has training for new monitors available online. The web site address is: http://gunfighter.mountainhome.af.mil/ces/CE_webpages/Haz%20Waste/WEB%20PAGE.HTML

This training is required before processing requests for hazardous materials. Just click on the "EMIS How To" section to complete the training. This training can also be used as a refresher for those monitors who would like to brush up on the program. The web site also contains links to some of the regulations covering hazardous materials, the Customer Assistance Visit checklist and a survey.

The Hazmart can assist in researching for a less hazardous material, locating a manufacturer's Material Safety Data Sheet and assist in locating a vendor.

The Hazmart also maintains a free issue program and these materials are available to authorized users on a first-come first-serve basis. For more information, call 828-2360.

FTAC Awards

Congratulations to Airman 1st Class Steven Jones, 726th Air Control Squadron, who received the First Term Airman Center's "Sharp Troop" award for being the top performer of Class 05S.

Congratulations to Airman 1st Class Latishwa Harling, 366th Equipment Maintenance Squadron, for receiving the Class 05S "Gunfighter Pride" award.

Weekend Weather



Friday	Saturday	Sunday
Mostly Cloudy	Mostly Cloudy	Partly Cloudy
High: 72	High: 60	High: 62
Low: 44	Low: 39	Low: 40

Gunfighter returns as Thunderbird, performs at Gunfighter Skies 2005

By Senior Airman Sergio Aguirre
Gunfighter Public Affairs

The sky was bright blue and clear for miles as he took off into the wind Sunday during Gunfighter Skies 2005. Once a Gunfighter himself, the pilot knew the runway and local area well. He took off and performed his maneuvers flawlessly in a show many feel took more than two years to complete.

Maj. Brian Farrar, Thunderbird 6, was stationed here until July of 2004. At that time, he joined the Thunderbird team and began many months of intense training.

"It's great to be back here," said Major Farrar. "It's great to see so many familiar faces. I have been looking forward to coming back all year."

Major Farrar spent many long days perfecting his flying technique. Honing his already advanced fighter pilot skills into a razor sharp scalpel of perfection, he took over his spot as Thunderbird 6 from his predecessor, Maj. Todd Canterbury, former Thunderbird 5. Flying two to three times a day from November to March, he says training was intense.

"I spent a lot of time in the cockpit practicing," said Major Farrar. "I must have flown more than 500 hours this season and I would say half of those are just practice hours."

His season has consisted of more than 55 public performances so far. Their stops will include cities in Mexico and South America. In a typical week, the Thunderbird pilots may only get one day of rest. Many times the team performs at multiple shows before returning to their base of operations at Nellis Air Force Base, Nev.

"It's a very busy schedule," said Major Farrar. "We fly in, practice, perform and head home. Maybe take



Maj. Brian Farrar (top), Thunderbird 6 and former Gunfighter, performs a mirror maneuver with Maj. Scottie Zamrow, Thunderbird 5, during Gunfighter Skies 2005 Sunday afternoon.

a day off and then practice more, fly out and do it all over again."

Although the hours are long, Major Farrar is proud to serve as a Thunderbird.

"Week in and week out I get to represent the Air Force and its members to millions of people worldwide," he said. "That is something that means a lot to me."

While he is honored to represent the Air Force, the job comes with its own set of challenges.

"One of the more difficult parts as a pilot is dealing with the media," said Major Farrar. "Many of the skills I learn and practice to perfection come from my time as a fighter pilot, but learning to deal with the media has been a new learning experience."

Many of the maneuvers the Thunderbirds perform are traditional parts of their show, but some maneuvers are added each year to spice up the show and en-

tertain the crowd even more.

"Each season we add a few things and work on the overall show," said Major Farrar. "This year, we have worked on the choreography and music and I think the show is even better than ever."

The show consists of a routine on the ground as well as in the air. Maintenance crews perform side-by-side with the pilots during the ground show in a perfectly timed display of teamwork among the Thunderbird team.

Although his stay was brief and his schedule detailed to the minute, Major Farrar was able to meet with a few fellow Gunfighters for a brief reunion.

"I also wanted to say thank you to Mountain Home for all the support they have given me and the Thunderbirds," he said. "It was quite a reunion being

here again and was something I was looking forward to all year. Thank you."



Maj. Farrar (left) stands at attention during the Thunderbirds ground show.

Long hours, hard work ensure air show success

By Tech. Sgt. Greg Rudl
366th Logistics Readiness Squadron

While air show attendees watched F-15s pull 6G turns over the runway at Gunfighter Skies 2005, many Gunfighters never looked up. They were too busy performing a variety of jobs vital to a successful air show.

Airman 1st Class Gary Adamoyurka, 366th Services Squadron, directed traffic at the intersection of 1st Street and Alpine. He worked 11 hours Saturday and 12 Sunday. Equipped with a radio, a call sign of "Papa 9" and a reflective vest over a clean, crisp uniform, he kept the intersection safe, using hand signals and verbal commands to control the flow of vehicles.

Master Sgt. Donald Rodgers, 366th Maintenance Operations Squadron, manned the hair coloring booth, a fundraiser for his squadron. For \$2, anyone could get their hair sprayed with water-soluble, fluorescent colors of their choice. His young daughter was doing the spraying.

"I brought my daughter along — she's better at it than I am," he said with a smile. The booth expected more than 100 children during the day.

A microwave radio terminal called a TRC-170 on static display didn't need wings in order to grab the attention of spectators. The radar device, once set up, looks like Mickey Mouse ears. Senior Airman Estevan Leal, 726th Air Control Squadron, politely answered questions from passersby. The most common included, "What is it? How far can it send communications? And how long does it take to set up?" People were allowed to walk inside of it, though the equipment's secrets were well guarded.

"All the crypto and secret stuff was removed and is back at the shop," said Airman Leal, "and locked



The face painting booth was one of the more popular booths for the children during Gunfighter Skies 2005.

panels covered sensitive controls."

Airman Randy Moorhouse, 366th Logistics Readiness Squadron, was driving one of approximately 10 buses while shuttling folks from distant parking areas to the action. Bus drivers carefully maneuvered around walkers while constantly keeping an eye out for children.

Nobody wants to think about a crash at an air show, except if you're a member of the Disaster Control Group (DCG). DCG member Master Sgt. Marco Moreno, 366th Component Maintenance Squadron, walked through the crowds, keeping his radio close by.

"I'd imagine over half of my squadron is working here in one area or another," he said.

If an accident were to happen, Sergeant Moreno would control the crowds, attend to casualties and perform a number of other crisis response jobs. He was chosen because of his experience: he was on the scene in 2003 when a Thunderbird crashed. To prepare for this year's show, he and the rest of his team took part in a Major Accident Report Exercise

(MARE) Aug. 29, simulating a mid-air collision. On Sunday, some of the DCG members responded to a real-world emergency — an automobile crash outside the front gate which involved someone being life flighted.

The Medical Group provided two aid stations manned with about 40 personnel, according to Maj. Karen Cornick, 366th Medical Operation Squadron.

"Earplugs and sunscreen were the main aid given to crowds," said Major Cornick. "The cool temperatures also helped us. The base clinic was also open the entire weekend. We're fully manned. It's important because a couple of aid stations aren't enough if we have a mass casualty incident."

Far away from the excitement of the flight line stood one of the many parking attendants, Airman Jennifer Walker, 366th Contracting Squadron, whose day started at 6 a.m. with a guard mount at the Fitness Center football field. Through hours of boredom, she patiently waited for RV's and motorcycles to arrive so she could direct them to her assigned lot in front of the Consolidated Service Center. She didn't get many, as only a handful of bikes and RV's found the lot, which had a capacity of several hundred vehicles.

The Gunfighter air show support efforts documented here were only a sampling of what Gunfighters were doing behind the scenes. It doesn't take into consideration the aircrews, maintenance support personnel or the security forces who all made Gunfighter Skies 2005 possible.

What was the fruit of all this labor? A thoroughly entertained air show patron? Continued good community relations? Maybe it was something smaller, but just as lasting. As traffic-cop-for-the-weekend Airman Adamoyurka put it: "We had little children coming up to us and saluting and wanting to shake our hands — that really meant a lot."

Gunfighters, thank you for all you did

To the Gunfighter Skies 2005 volunteers,

On behalf of the 366th Fighter Wing leadership and the Mountain Home Silver Wings of Idaho organization, we thank you for all the hard work and effort that our Airmen and civilians put into making Gunfighter Skies 2005 air show a huge success.

Numerous people from the local community, Idaho and surrounding states told us that this year's show was the best ever due to the exemplary efforts of our air show team of Gunfighters and Silver Wings volunteers. Let's review some of the events that made this past week so special.

On Sept. 15, we co-hosted a dinner for the major corporate partners of the air show in one of our aircraft

hangars. It was decorated with Air Force and 366th Fighter Wing history and gave our partners a sense of our heritage and pride. For many it was their first detailed insight into the Gunfighters and Air Force mission and they left in awe of what it means to be a Gunfighter.

On Sept. 16, the Silver Wings organization hosted a free barbecue for our Gunfighter Airmen and their families along with the families of the Idaho National Guard whose spouses are deployed in Operation Iraqi Freedom. We were extremely pleased with the large turnout of families. The children enjoyed playing on the inflatable castles, while the adults enjoyed the live band entertainment. Our governor, Dirk Kempthorne, also made time in his very busy schedule to stop by and greet many of our families and say some

words of appreciation for the sacrifices our servicemen and women, and their families make for the freedoms we enjoy today. Although the weather was too poor to accommodate our scheduled night pyrotechnic air show, no one complained and over 3,500 Airmen and their families had a magical night.

On Saturday and Sunday, our Gunfighter and Silver Wings team came together to execute a spectacular air show. Everything ran like clockwork due to the long hours spent creating detailed plans and ensuring that all contingencies were addressed in case of emergencies. The result was a magnificent experience for more than 66,000 people from young children to adults in their senior years. Throughout the air show we received only the

highest praises from our guests on the professionalism, "can do" attitude, helpfulness and respect our Gunfighter volunteers showed toward the public.

Thank you once again for all you did during our Gunfighter Skies 2005 "Patriots and Warriors United." Your efforts and actions not only made for a great air show, you reinforced the public's image of their professional armed forces. We are all very proud of you.

Sincerely,
Col. Charles K. Shugg
Commander, 366th Fighter Wing

and
Mr. Alan T. Bermensolo
President, Silver Wings of Idaho

Commander's Hotline



Col. Charles Shugg

This Hotline is your direct line to me. It's your opportunity to make Mountain Home Air Force Base a better place to live and work. I review every response to Hotline questions, but functional experts prepare most responses.

If possible, you should first contact the organization responsible for the problem or function. Your first sergeants, commanders and agency chiefs want to help, so please let them try.

If you do not know how to proceed or if you have already tried your chain of command, then do not hesitate to contact the Hotline at 828-6262 or e-mail CommandersHotline@mountainhome.af.mil.

Not all Hotlines are published, but if you leave your name and phone number or e-mail address, I will make sure you get a reply.

Col. Charles Shugg
366th Fighter Wing commander

Awards

	As of Dec. 2004	As of this week
Air Force	5	9
ACC	26	37
12th Air Force	3	4

Last DUI:

366th Aircraft Maintenance Squadron

Days without a DUI:

17

AADD made 69 saves in August, 844 in 2005

Days to the AF Ball

8



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Coverage: Coverage of upcoming events should be arranged in advance by calling the public affairs office at 828-6800 or by sending an electronic message to pa.news@mountainhome.af.mil.

Classified Ads: Free classified advertisements of a non-commercial nature are published in "The Gunfighter" on a space-available basis. Free advertising is limited to Air Force people (active and retired), Department of Defense civilian employees and their family members. Ad forms are available in Bldg. 512. Deadline for free classified advertisements is 5 pm, Monday.

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Enjoy what you do by making it fun

By Chief Master Sgt. Jay Jacques
366th Component Maintenance Squadron

During a discussion with a fellow chief the other day we debated what we would remember most about our careers. Being "flight-line guys" we talked about all the good times we had while deployed, TDY and especially day-to-day at our many units.

This prompted me to look back on the many retirements and events of the past few months and realize, no big surprise here, that the best part of my career has been the positive people I have worked with. The people I admire the most have the ability to get the job done and have fun doing it. Many of us have examples of leaders, peers and subordinates who don't enjoy what they do and often reflect on their attitude and mission results. How many times have you been stressed, over-reacted and been sorry the next day because maybe you took something too serious or more important than it really was?

This doesn't mean you should ignore your duties and responsibilities, it simply means you should find ways to enjoy what you are doing. If you don't enjoy what you are doing, you should take inventory of the possible causes and adjust to eliminate as many as possible. There are many things that

make my duties and responsibilities fun for me: understanding the mission and how I have an impact, owning my own area of responsibility and enjoying the camaraderie of my fellow Airmen.

Understanding our mission and how each Airman and civilian assigned has an impact is essential to our success and to each individual's job satisfaction. The Airman performing pre-flight checks on an aircraft has to do his or her job to ensure a sortie is flown and aircrews are trained. The personnel specialist ensures the right people are available by managing tour extensions, performance reports, promotions and much more. The chaplain ensures our people are spiritually fit so they are well and able to perform their duties in support of the mission.

Every person has a link to the mission. If you haven't figured out how you link up, ask your boss. It's a lot more satisfying to do your duties when you know exactly how you make an impact.

The next item is ownership of your own area of responsibility. This can be somewhat of a complicated issue, since it involves trust from supervisors, competence and attitude; however, today I will try to keep it simple.

Each individual should have ownership of some part of the mission through their duties and responsibilities. Supervisors should give their subordinates a charge with set parameters and let them go

to work. This is the hard part for me and many supervisors, don't interfere unless they stray outside the parameters or they are looking for assistance.

This gives the subordinates ownership in the task at hand. They decide how they are going to get it done and they do it. At the end of the day, they have the satisfaction of knowing they accomplished something. I know I'm having fun if I get something accomplished during the day and oftentimes it starts with my boss allowing me to have ownership of part of the mission. My experience is that most people want to do their very best and if challenged will step up and excel.

The last, but most important, piece that ensures I'm having fun accomplishing my duties and responsibilities is the people I work with. Everyday I'm surrounded with energetic people who want to do good things for our Air Force and our country. We care about each other and we want to see each other succeed in life. If one of us is having a rough day, the others are there to pick us up and carry some of the load. The people we work with and their positive attitudes are essential to having fun while accomplishing our mission.

This "theme" is far from revolutionary but hope-fully generates an inward look and more positive attitude.

Many challenges lie ahead for ACC Airmen

By Gen. Ronald Keys
ACC commander

In the aftermath of Hurricane Katrina, we now find ourselves in the beginning of another Air and Space Expeditionary Force rotation into and out of Southwest Asia.

As a result of the hurricane, we now have Airmen who won't be deploying because of the immediate need to take care of their families. Even more will not deploy because they are engaged supporting Joint Task Force-Katrina. Still others who are in AEF pair 1 and 2 will assist in relief efforts and still be required to deploy during their scheduled AEF

window in May 2006 – less than the normal 16-month allotted down time.

Commanders and the Air and Space Expeditionary Force Center have been engaged across the board on tasking issues already, but we know there are more hurdles to come. Experience tells us the challenges will be short notice and important.

With this in mind, I want you to know the three top priorities we are working here at Air Combat Command.

First, we need to make sure the AEF flows with the force it needs. That may drive some short-notice taskings and change-outs for people as we continue to support JTF-Katrina.

Second, we need a full accounting of where our people are in the disaster area

and where they evacuated, all while reconstituting our force and facilities.

Third, we need to continue to lean forward to provide all the capabilities we can to meet the needs of our people and others in the region.

On top of this national disaster and operational turbulence, we have kids starting school, energy prices painfully high, holiday seasons approaching and probably more local distracters that we haven't seen and can't predict. All of this is going to mean uncertainty, stress and long hours for our people and equipment.

I need every ACC Airman to make sure we are doing the right things in the right way. I need every supervisor and leader to make sure we are making

prudent decisions when it comes to accepting risk. We must be good wingmen and leaders who are alert and taking care of each other ... deployed and at home.

At the command, we are working hard to get the resources needed for the taskings and mitigate some of the impact; but this is going to be a particularly tough few months, and we will need to make sure we keep our eye on the ball.

I'm proud of how each of you have risen to the challenges we've faced already. Working together and taking care of our wingmen, I'm confident we can continue to meet the challenges that lie ahead.

Straight from the hip ...

What age do you want to retire for good? Why?



"Early 50s. That way I can have time to enjoy my future grandchildren."

Staff Sgt. Ciri Victoria,
366th Fighter Wing



"60. But I've never thought about not working!"

Tech. Sgt. Jim Warren,
366th CMS



"I want to retire at 55 so I can travel the world."

Ms. Karen Rogow,
366th Fighter Wing



"45. I'd like to go back-packing in my free time when I stop working."

2nd Lt. Kurt Weissgerber,
366th CS



"50 to 55. You can still do things with your family and be active at that age."

Senior Airman Daniel Choe,
366th LRS

Silent but deadly: Keeping cholesterol in check

By 2nd Lt. Erin Tindell
Gunfighter Public Affairs

September is typically known as "back to school" month. But after Airmen at Mountain Home Air Force Base have sent their children off on the big yellow school bus, they are also encouraged to have their cholesterol levels tested for National Cholesterol Awareness Month.

According to the American Heart Association, the leading killer of American men and women is heart disease; cholesterol is considered one of its leading factors. The body uses cholesterol for digesting fats, making hormones and building healthy cells among other metabolic processes. However, if there is too much cholesterol in the bloodstream, it builds up on the walls of arteries and may block the blood flow to the heart or brain – leading to heart attacks or strokes.

"Cholesterol is a waxy substance that is produced by your liver and the amount of fat you eat can influence how much cholesterol your liver will build," said Tech. Sgt. Curtis Jackson, 366th Aeromedical Dental Squadron, diet therapist at the Health and Wellness Center. "Cholesterol is also present in animal products such as meats, eggs and dairy foods."

There are two types of cholesterol: The first is LDL – Low Density Lipoprotein. This type of cholesterol is associated with damage to your ar-

teries. Excess LDL deposits on the artery walls, causing the formation of a hard, thick substance called cholesterol plaque. Over time, cholesterol plaque causes thickening of the artery walls which narrows the arteries in a condition called atherosclerosis.

The second type is HDL – High Density Lipoprotein. This type of cholesterol can provide protection for your arteries. HDL cholesterol is known as the "good" cholesterol, because "it prevents cholesterol buildup in the arteries by attaching itself to the LDL then taking the LDL to the liver for disposal," said Sergeant Jackson.

When it comes to cholesterol levels, diet plays a key role in determining the amount of cholesterol in the body. Dietary cholesterol comes mainly from animal products such as meat, poultry, fish and dairy products.

"A lot of your foods made with saturated fats are also high in cholesterol," said Sergeant Jackson. "However, foods of plant origins such as

vegetables contain no cholesterol. Therefore, a diet high in saturated fats raises the cholesterol levels."

According to the Food and Drug Administration, other factors contribute to the level of LDL cholesterol in the body. Heredity may make some people more genetically susceptible to high cholesterol levels compared to others. Excess body weight and lack of exercise can also raise cholesterol levels. Even age and gender plays a role – men are more prone to higher cholesterol levels than women and women are more likely to have higher cholesterol levels after menopause.

Sergeant Jackson said that people characterized in good health by a physician should have their cholesterol levels checked every five years.

"The total cholesterol should be less than 200 milligrams per deciliter (200 mg/dL) and your LDL cholesterol should be less than 130 for most people," said Sergeant Jackson. "If you have diabetes or diagnosed heart disease then your LDL should be less

than 100 mg/dL."

The American Heart Association lists several ways to lower or keep cholesterol levels in check:

Diet – Watch your caloric intake by eating a wide variety of foods low in saturated fat and cholesterol. Eat plenty of fruits and vegetables daily. Choose fish and skinless poultry more often than fatty meats like steak. Eat fat-free or 1-percent milk dairy products than whole-milk dairy products. Maintain a healthy weight.

Exercise – If not already active, gradually build up to 30 minutes of cardio activity on most days of the week. If your schedule is busy, break your workouts into two 15-minute sessions. Make workouts fun by joining a squadron fitness session if you workout alone or join an intramural team on base such as softball or flag football.

Medications – If a doctor prescribes a medication to combat your cholesterol follow all directions given. Take it at the same time daily and with a meal so it may be absorbed properly by the body.

"The most important way to keep cholesterol in check is to adapt a healthy lifestyle," said Sergeant Jackson. "Healthy lifestyle doesn't mean to just diet. It's a combination of both diet and exercise and a commitment to living a healthy life."

The HAWC provides workshops for Gunfighters to learn how to maintain a healthy lifestyle through nutrition and physical training. For more information, call the HAWC at 828-4628.

SUPER SIZE ME!



Charities look to Air Force members for hope

By Senior Airman Sergio Aguirre
Gunfighter Public Affairs

Those who serve in the military have a general sense of giving back to their country and communities while defending the freedoms and liberties established so long ago. It is this sense of giving that the Combined Federal Campaign counts on each year to raise money for charities of various efforts and causes. This year the CFC campaign begins Oct. 3 and continues through Nov. 11.

"It's important that we remember there are many folks who need our help," said 1st Lt. Heather Heeren, 2005 CFC coordinator. "It's up to us to find a cause or charity we believe in and donate funds to help others."

This year's goal for the base is \$125,000. The figure is slightly lower than last year due to lower person-

nel levels.

"I think we are very capable of hitting our goal this year," said Lieutenant Heeren. "Our goal for the campaign here is to have one hundred percent contact with every member on base."

By focusing on contacting members on base, Lieutenant Heeren hopes to boost fund levels and give back as much as possible to many needy charitable organizations.

"Many times members feel they don't have the time or energy available to volunteer," she said. "In this way, members can help those in need through small monetary donations."

Lieutenant Heeren stresses that no amount is too small to donate and the



CFC process allows donations to come out on a monthly basis so members can donate a larger gift over time.

"The process is perfect for those who can't afford to donate their gift all at once," she said. "Members can break it up into 12 smaller gifts that add up to the gift they feel like donating. It's a

painless process that takes care of itself once the form is filled out."

Members can fill out the CFC forms and have the funds taken directly from their military pay without having to write monthly checks. The system works much like an allotment and donations as low as \$1 per month can be given.

"This really is a great program and has proven to be helpful to local Gunfighters as many folks have re-

ceived help from many of the charities in the CFC catalog," said Lieutenant Heeren.

With devastating damage from the hurricanes and flooding of New Orleans, the CFC is even more important said Lieutenant Heeren.

"Right now, there are many people

without homes, jobs, cars and even basic necessities such as clothing," She said. "The CFC is our chance to show we care and lend a helping hand to our fellow citizens. Remember that no amount is too small to donate. Every little bit will make a world of difference to those in need."

The CFC was established in 1961 and is the largest workplace charity campaign in the country. This annual fall fundraising drive allows nearly 4 million federal employees and service members to contribute to thousands of local and national nonprofit organizations.

Last year, federal employees and service members donated a record-setting \$257 million to the campaign. Contributions can be in cash, check or by payroll deduction.

For more information regarding the Combined Federal Campaign or to donate, call Lieutenant Heeren at 828-7772.

Gunfighters celebrate Hispanic Heritage Month

By Senior Airman Brian Stives
Gunfighter Public Affairs

Hispanic Heritage Month began Sept. 15, providing the nation an opportunity to express appreciation to Hispanic Americans for their countless contributions to society and pay tribute to America's distinct diversity.

Unlike most other ethnic heritage months, Hispanic Heritage Month is celebrated from the last half of September to the first half of October. The reason for this unusual time period is due to its early beginnings, as Hispanic Heritage Week, which began Sept. 15, 1968.

This date was chosen because several Latin American countries celebrate their independence day on Sept. 15, including Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico celebrates its independence Sept. 16, Chile on Sept. 18 and Belize celebrates Sept. 21. El Dia de la Raza (Columbus Day) is observed

Oct. 12.

The 100th Congress enacted Public Law 100-402 on Aug. 17, 1988, which extended the observance from a week to a month. The annual observance is now a 31-day period beginning Sept. 15 and ending Oct. 15.

The Hispanic Heritage Committee here has set up the following events to give Gunfighters the opportunity to gain an awareness, understanding and appreciation for Hispanic culture:

- **Saturday** – Camp out at C.J. Strike Dam starting at noon
- **Thursday** – Hispanic Heritage Committee Adventure at the Youth Center from 3:30 to 5 p.m.
- **Oct. 6** – Taste fest at the Community Activities Center from 11 a.m. to 1 p.m.
- **Oct. 14** – All-nighter wrap-up at the Community Activities Center starting at 9:30 p.m.

For more information on Hispanic Heritage Month, call Senior Airman Adrian Alatorre at 828-6515 or Staff Sgt. Edgar Guajardo at 828-1695.

Outstanding Hispanic Americans

Luis Walter Alvarez – Invented the radio and direction indicator. During World War II, he designed a radar landing system for aircraft. Later he helped develop the hydrogen bubble chamber, used to detect subatomic particles. The research led to the discovery of over 70 elementary particles and resulted in major revision of nuclear theories. In 1968, he was awarded the Nobel Prize in physics.

Bob Vila – Home improvement contractor and star of the first syndicated home improvement TV program "This Old House." He won two Emmy Awards and is also the co-author of several books.

Dr. Lauro F. Cavazos, Jr. – First Hispanic president of a major research university (Texas Tech). He became the first Hispanic Secretary of Education under Presidents Reagan and Bush.

Roy Benavides – A green beret and one

of United States' most decorated Soldiers during the Vietnam War. He was awarded the Congressional Medal of Honor, Purple Heart with Oak Leaf Cluster and Defense Meritorious Service Medal, among others.

Illeana Ros-Lehtinen – First Outstanding Hispanic Americans Hispanic woman elected to Congress. She is a Republican from Florida and a member of the House of Foreign Affairs Committee.

Mima Besosa – Designed the first Puerto Rican flag in New York City Dec. 22, 1895, using the Cuban flag as a model.

Although the broad terms "Hispanic" and "Latino" can suggest ethnic or cultural homogeneity, one of the most striking characteristics of the group is its diversity.

Learn more about the Hispanic-American experience by visiting the library, bookstore or Military Equal Opportunity office.

**Air Force Ball 2005
WW II Hangar Dance
Only 8 days away!**

"Honoring those who have gone before"

**Semi-formal/Mess Dress
Prime rib dinner and dancing
Guest Speaker: Warrant Officer (ret.) Bill Braye**

Night Fire Air Show Kickoff a big success

By Mrs. Rochelle Tippet
366th Services Squadron

The Gunfighter Skies 2005 air show weekend began Sept. 16 with the Night Fire Air Show Kickoff. The Night Fire Kickoff was the official opening event for the air show and offered military members, retirees, National Guard members, Reservists, DoD civilians and their families an evening of free food, children's inflatables, music and static displays.

The event was co-sponsored by Silver Wings and the 366th Services Squadron, with the Mountain Home Air Force Base Chiefs' Group, commanders and first sergeants pitching in to do the cooking while the Gunfighter Youth Programs were running the children's play area.

In the past, Gunfighter air show kickoffs have attracted no more than about 700 people. In order to attract a much larger audience this year, organizers provided everyone with free food, free music and an appearance by Idaho Governor Dirk Kempthorne.

Planning to accommodate between 1,000 and 2,500 people this year, they quickly learned they had underestimated as this year's incentives attracted a record 3,500 people.

"It was tough to keep up," said Mr. Ron Dillon, 366th Services Squadron marketing director. "We simply didn't expect this many people to show up, especially with the windy, nasty weather that drove the party off of the flightline and into Hangar 204. Everyone was moving as fast as they could, yet the serving line didn't diminish at all; if anything it got even longer. Then we started to run out of food."

Fortunately, quick assistance from Col. Charles Shugg, 366th Fighter Wing commander, Col. Ken Byrd, 366th Mission Support Group commander, Maj. Anthony Lanuzo, 366th SVS commander, Ms. Ann Taggart, 366th FW protocol chief, and Mr. Shane Zenner, Silver Wings, helped secure additional supplies from both the Gunfighters Club and the base commissary.

"Their combined efforts ensured that there was enough food available for the attendees as they reached the end of the line, helping eliminate a potentially disastrous issue," said Mr. Dillon.

Although everyone was able to enjoy the free food, children's area and the band; the weather caused the cancellation of the pyrotechnic portion of the show. More than one tent was blown down, yet the party attendees took it in stride and focused on making the evening a memorable one.



Photo by Airman Robert Richardson

More than 3,500 Gunfighters, retirees, National Guard members and their families gathered for the Gunfighter Skies 2005 Night Fire Air Show Kickoff Sept. 16. The event offered free a barbecue and entertainment to begin the air show weekend.

Ensuring everyone's safety during hunting season

With hunting season just under way and the mountains close by, preventing hunting incidents may not be the first thing on many hunters' minds, but it should be.

The Idaho Fish and Game states that the four main causes of hunting incidents. They are: hunter judgment mistakes, safety rule violations, lack of control and practice, mechanical failure.

Hunter judgment mistakes include such things as mistaking another person for game or not checking the foreground or background before firing a weapon. Safety rule violations include pointing the muzzle in an unsafe direction and ignoring proper procedures for crossing a fence, obstacle or difficult terrain. Lack of control and practice can lead to an accidental discharge or stray shots, while mechanical failure can be the result of an obstructed barrel or improper ammunition.

Although Idaho's scenery welcomes hunting season with its cool nights and crisp mornings, it's important that safe hunting practices are incorporated into every outing. Following five simple safety

rules can help make sure hunters bag the appropriate trophy.

- Assume every gun is loaded and unload guns when they are not in use.
- Control the muzzle and keep it pointed in a safe direction.
- Keep your trigger finger off the trigger until you are ready to shoot.
- Be sure of your target and what is beyond it.
- Wear hunter orange.

Hunters should avoid overexertion and pace themselves within the limits of their individual endurance and physical capabilities. Exhaustion can lead to carelessness in carrying firearms, as well as decreased shooting accuracy.

For more information regarding hunting in Idaho visit <http://fishandgame.idaho.gov>. (Courtesy 366th Safety Office)



Photo by Senior Airman Sergio Aguirre

AADD Hero of the Quarter

2nd Lt. Jocelyn Whalen, 366th Medical Support Squadron, receives a coin from Col. Charles Shugg, 366th Fighter Wing commander, for being the Airman Against Drunk Driving Hero of the Quarter.

Tricare enrollment fees put on fiscal year cycle

Enrollment fees for all Tricare Prime beneficiaries in the Tricare West Region are now due Oct. 1, as the government moves to a fiscal year billing cycle.

The government directed the change in billing to establish a consistent billing cycle policy for Tricare Prime beneficiaries who are served by TriWest Healthcare Alliance, which serves 21 states.

"This administrative billing change will allow TriWest to provide improved customer service in the West Region," said Mr. Mark Babbitt, TriWest corporate and field operations senior vice president. "As a result, all current Tricare Prime beneficiaries will receive a fee statement from TriWest for the billing period beginning Oct. 1."

Active Duty Service Members (ADSM) and their families will receive an annual statement even though no fees are due. This statement gives ADSMs an opportunity to verify the accuracy of their family's Tricare Prime enrollment status.

Military retirees under age 65 and their families who make quarterly payments will now receive quarterly statements in January, April, July and October. Electronic Fund Transfer (EFT) and allotment

payment options require a completed Electronic Payment Authorization Form or the Allotment Authorization Letter, and a three-month payment be sent to TriWest before monthly payments are activated. Both forms are available online at www.triwest.com

There are four payment options to choose from:

- Pay with a Visa or MasterCard debit/credit card on www.triwest.com or call 1-888-TRIWEST to make a payment over the telephone
- Mail a check or money order to TriWest Healthcare Alliance, P.O. Box 43590, Phoenix, AZ 85080-3590
- Pay automatically by monthly EFT payments from a savings or checking account
- Military retirees may choose to use allotments, which are deducted from military retirement pay

Tricare Prime beneficiaries are encouraged to take advantage of the convenient online payment option on www.triwest.com. Online access is available 24-hours a day. For more information and payment assistance, call 1-888-TRIWEST (874-9378). (Courtesy of TriWest Healthcare Alliance)

Tricare continues support for Katrina victims

FALLS CHURCH, Va. - Tricare is continuing its efforts to ensure the more than 136,000 displaced servicemembers and family members in the Gulf Coast region have access to medical care during Hurricane Katrina recovery operations. Tricare is the Department of Defense agency responsible for managing the military's health care plans.

"We will continue to take care of our beneficiaries as we move forward into post-Katrina recovery," said Dr. David Tornberg, acting deputy director of the Tricare Management Activity. "The health and welfare of our beneficiaries are always at the forefront of everything we do."

Tricare has implemented various initiatives to assist displaced beneficiaries with their health care needs:

- The waiver of pharmacy copays has been extended through Sept. 30 for beneficiaries affected by Hurricane Katrina who are unable to pay it.
- Humana Military Health Services,

Tricare's regional contractor in the Gulf region, dispatched staff to various evacuee sites to provide one-on-one counseling for affected beneficiaries. They are advising them how to access care and answer questions about their health benefit options.

- On Sept. 12, Tricare delivered materials such as wallet cards, fact sheets and benefit overviews to evacuee sites, military treatment facilities and Tricare service centers.

Under the Health Insurance Portability and Accountability Act Privacy Rule, providers at MTFs and in the Tricare network may share Katrina-affected patients' information with other providers as necessary to provide care.

This includes sharing prescriptions, lab results and X-rays with other providers, hospitals and clinics; referring patients for treatment in areas where they have relocated; and coordinating care with others, such as emergency relief workers, to find appropriate health services for patients.

Tricare is continuously re-evaluating its ongoing relief efforts and partnering with its regional contractors to ensure beneficiaries' needs are being met, officials said. If future relief programs or extensions of current efforts are needed, Tricare will make those decisions as necessary to help beneficiaries recover from the hurricane.

Beneficiaries should call the Defense Enrollment Eligibility Reporting System Support Office at 800-538-9552 to update their family members' information, including address changes, to maintain access to Tricare benefits.

Beneficiary counseling and assistance coordinators, debt collection assistance officers, TRICARE service centers and family support representatives at local military installations are also available to help active duty military personnel and their families.

Other resources available include Military One Source at 800-342-9647 or www.militaryonesource.com. (Courtesy Air Force Print News)



Photo by Master Sgt. Dale Hanson

From Katrina to Rita

After 19 days of supporting the Hurricane Katrina relief effort in New Orleans, Airmen from the 147th Fighter Wing begin preparing for Hurricane Rita. If Hurricane Rita makes a damaging landfall, the Airmen will stand poised to render help in the Houston area.

Gunfighter Skies 2005

'Patriots and Warriors United'



Photo by Staff Sgt. Chris Campbell
A member of the United States Air Force Academy "Wings of Blue" parachute team brings in the American flag during the opening ceremonies.



Photo by Master Sgt. David Wheeler
Mr. Dan Buchanan flies his aerobatic hang glider as Mr. Eric Beard tries to cut off streamers hanging off the back of the glider.



Photo by Master Sgt. David Wheeler
An F-117 Nighthawk stealth fighter, from Holloman Air Force Base, N.M., performed a flyby during the air show.



Photo by Airman Robert Richardson
Mr. Greg Poe races his Edge 540 against a 2002 Chevrolet Corvette down the runway. The Corvette won the race Saturday and once again edged Mr. Poe by a photo finish Sunday.



Photo by Staff Sgt. Chris Campbell
Mr. Neal Darnell performed with his 12,000 horsepower Flash Fire jet truck in front of the crowd before going onto the runway and reaching speeds of more than 300 miles per hour in three seconds.



Photo by Staff Sgt. Chris Campbell
Ms. Debbie Gary flips and dips her plane while performing. Ms. Gary was the first female to ever fly as a part of a formation team.

The 366th Fighter Wing opened its gates to more than 60,000 spectators who jammed the Mountain Home Air Force Base flight line Saturday and Sunday for the Gunfighter Skies 2005 Air Show.

Sunday drew the biggest crowd as the U.S. Air Force Thunderbirds had the crowd oohing and ahhhing while they performed their aerial show. Between the acts in the sky, spectators had the opportunity to get up close and personal with a B-52 Stratofortress, an F-117 Nighthawk stealth fighter, an E-3 Sentry airborne warning and control systems aircraft, and an F-15 and F-16 from MHAFB, as well as tanks and helicopters from the Idaho National Guard.

The event was cosponsored by Silver Wings of Idaho.

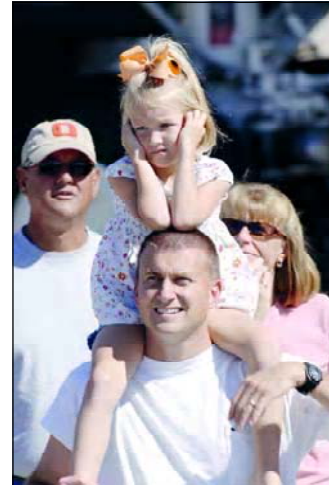


Photo by Airman Robert Richardson
The show in the sky was enjoyed by young and old alike, even though the noise wasn't.



Photo by Airman Robert Richardson
Member of the United States Air Force Academy "Wings of Blue" parachute team prepare to jump out of an Idaho National Guard C-130 to begin the air show.



Photo by Airman Dana Hill
A tribute to more than 60 years of flying, the P-51 Mustang (middle), a veteran of World War II and the Korean War, flew with two present day air superiority fighters, the F-15C Eagle (right) and F-16 Fighting Falcon during the Heritage Flight.



Photo by Staff Sgt. Chris Campbell
More than 45,000 spectators lined up along the flight line Sunday to see the action in the sky above Mountain Home Air Force Base.

Week four NFL picks

For Sunday games, place an "X" or check the winning team. **DO NOT** cross out the loser. The Monday game also serves as a tie-breaker, so guess the final score, the closest to the final score will win the tie-breaker. Not filling out the information completely will result in disqualification.

Fax entries to 828-4205 or deliver them to Gunfighter Public Affairs in Building 512 by noon Thursday, Sept. 28. One entry per person. Winners will be posted in the Gunfighter the following week.

Family members and retirees should place that information next to the word "Unit."

Full name: _____ Unit: _____
Work or home phone: _____

Sunday, Oct. 2

Houston at Cincinnati (11 a.m.)
Indianapolis at Tennessee (11 a.m.)
Seattle at Washington (11 a.m.)
Detroit at Tampa Bay (11 a.m.)
Denver at Jacksonville (11 a.m.)
San Diego at New England (11 a.m.)
Buffalo at New Orleans (11 a.m.)
St. Louis at NY Giants (11 a.m.)
NY Jets at Baltimore (2:05 p.m.)
Minnesota at Atlanta (2:15 p.m.)
Philadelphia at Kansas City (2:15 p.m.)
Dallas at Oakland (2:15 p.m.)
San Francisco at Arizona (6:30 p.m.)

Monday, Oct. 3

Green Bay (score ____) at Carolina (score ____) (7 p.m.)

*** Bold teams are Sergeant Sideline's picks ***

Foale captures second week picks

By Sergeant Sideline
Gunfighter Public Affairs

Congratulations go out this week to Les Foale who correctly guessed nine games from week two of the National Football Season, while I only managed a measly six correct. After two weeks, Foale also holds a slim 18 - 16 advantage over Erin Tindell for the overall lead.

Week two wasn't as exciting as week one, but there were still some upsets and one just straight out beating. Starting with the defending champions against the Panthers, the Panthers looked like they had a little chip on their shoulders Sunday and it worked to their advantage as the Patriots had lots of penalties, poor special teams play, etc. - not really what you'd expect from them. What about the other that played in last year's Super Bowl? One big game and everything is all smiles and high-fives again between McNabb and Owens in Philly.

The surprise for me so far this season are the Bengals. After starting 1 - 4 in each of Marvin Lewis' first two seasons in Cincinnati, getting off to a fast start this year is huge for him and the team. It also has to be a huge boost to the Colts to know they can win a game when Peyton Manning throws for only 122 yards. Speaking of not playing up to their preseason hype, the Ravens aren't go-

ing to win many games when Jamal Lewis rushes for 9 yards on 10 carries. More about hype - Ben Roethlisberger was supposed to struggle in his sophomore year. A 153.6 passer rating after two games sure doesn't sound like a struggle to me.

What about San Diego, LaDainian Tomlinson set a record for longest streak rushing for a touchdown Sunday, but the Chargers need to get Tomlinson (124 yards rushing, just 3.3 yards per carry, and no receptions) going at full speed.

With Tennessee playing Baltimore you knew their would be some "D" played, but holding Baltimore to 182 total yards and no first downs in the opening half is ridiculous. Obviously he misses Randy Moss, but that can't completely explain a quarterback of Daunte Culpepper's caliber throwing eight interceptions in two games. And it'll be interesting to see how the quarterback situation unfolds in Buffalo. J.P. Losman is the quarterback of the future, but will they switch to Kelly Holcomb if he gives them a better chance to win now?

And finally, and in my opinion the best, apparently the Cowboys figured out that they really do need to play the whole 60 minutes as the Cowboys players and coaches must have feel like they got punched in the gut while seeing the reason the Redskins wanted to trade for Santana Moss.

Good luck this weekend on your picks for week three and don't forget to make those picks for week four.

Air Force claims third softball title in four years

Staff Sgt. Ryan Hansen
Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla. - The leader of the All-Air Force Men's Softball Team knew it was going to take more than talent alone to claim the 2005 Armed Forces Men's Softball Championship.

But after claiming the title with a 7-2 record during the three-day round-robin tournament held here Sept. 7 to 9, the four-time head coach now believes it may have come down to a little astrology.

"The stars and moon were lined up in the right direction for us this time, and we were real fortunate," said Steve Shortland, the team's head coach. "This tournament was such a nail-biter."

The tournament championship is the Air Force's second consecutive title and its third in four years.

"Our big thing is team, team, team," Shortland said. "We had veterans producing, rookies producing, and we used them all in different situations throughout the tournament. Everything really paid off for us."

The All-Marine Corps Softball Team grabbed second place with a 6-3 record while the All-Army Softball Team snagged third with a 4-5 record. Coming in fourth was the All-Navy Softball Team with a 1-8 record.

On paper it may appear as though

Air Force had an easy run to the championship, but it actually dropped its opening game of the tournament to Navy, 7-6.

"It seemed like everybody was really gunning for us," said Steven Folds, Air Force second baseman. "But that game definitely served as a wake-up call."

From there the Air Force rebounded with a 14-7 win over the Army, generally considered one of the top teams in the tournament.

"There's a lot of parity, and these teams are truly indicative of what their services offer," Shortland said. "The competition is great."

Air Force continued its rebound by hammering the Marines 25-3 in the nightcap, ending day one at 2-1.

"We just needed to get our focus down and realize what we needed to do," said Sherwin Lockridge, Air Force shortstop. "The veterans really told us what to expect, and they led us in the right direction."

The Air Force team continued its roll on day two of the tournament, defeating Army in their second matchup, 12-5. But a hard dose of reality came in the afternoon via the Marines in a 6-5 loss.

"The first loss should have been an



Christopher Markey slides into home as Army catcher Daniel Davis applies the tag. Markey was safe, and Air Force went on to defeat Army 12-5 during their second matchup of the 2005 Armed Forces Men's Softball Championships at Eglin Air Force Base, Fla., held Sept. 7 to 9.

eye-opener, but after we won a few games we may have gotten a little complacent," Shortland said. "But scores will humble you, and for us, it worked."

At that point, Air Force, Army and Marines were all 3-2 with Navy at 1-4. The tournament championship was still up for grabs, and Shortland had to get the team focused.

"I just reminded them that they have to play this tourney one game at a time

and not take any team for granted," he said. "To win you have to bring your 'A' game every time."

The team listened and sunk the Navy 11-3 that evening, while the Marines defeated the Army 8-6. Those two wins set up a showdown between the two 4-2 teams the morning of Sept. 9.

"We still controlled our own destiny and all we had to do was win-out," said Christopher Markey, Air Force utility player.

"We didn't want to have to have help from anyone else, we just wanted to win the games we needed to win and take control."

Take control is exactly what the Air Force team did, handily defeating the Marines 13-4.

"We were really stoked going into that game," Edwards said. "We had a good shot and our guys never gave up, and I'm really proud of them."

"We pulled together when we needed to," said James Flagg, Air Force outfielder. "That was a key game and we had to have it."

A win against the Navy in the af-

ternoon would clinch the title for the Air Force; however, the Sailors would not go down without a fight, losing a close 9-8 ball game.

"Softball is a game of inches," said Earlie West, the Navy team's head coach. "A line drive here or there and our destiny may have changed a bit."

"I told the team that on my death certificate, when I die, it will read cause of death - 2005 Armed Forces Tournament," Shortland said. "But I wouldn't trade it for the world."

With the title decided, Air Force came out relaxed the evening of Sept. 9 for its final game against Army. They took an early lead but found themselves down in the bottom of the seventh. But Flagg nailed a three-run to win the game, 15-12.

"Everyone would like to walk through a tournament, but the added drama does make it sweet," Markey said. "We had to work, work, work and pick each other up. It was a total team effort."

"It's been incredible and a great experience for me," Folds said. "We came together as a team in a short period of time and it was great."

At the conclusion of the tournament, sports directors from each service named an all-tournament team and picked 15 players from all four Department of Defense services to represent the armed forces at the Amateur Softball Association's Men's Major Slow Pitch Tournament coming up in Johnson City, Tenn.



Photo by Tech. Sgt. Tracy L. Dellmarco

Race to the finish

Some 3,454 runners from all 50 U.S. states and seven countries participated in the ninth annual U. S. Air Force Marathon Sept. 17.

The full 26.2-mile race began the day at 7:35 a.m., followed by the four-person team relay race then the 13.1-mile half marathon race. A 5k (3.1-mile) race was held later in the day.

Hendrik Vanloon (left) of the Belgian Air Force won the race with a time of two hours 41 minutes 15.9 seconds. He became the second man to claim two overall marathon wins here. He won the race in 2003 and was second last year by just four seconds.

Wright-Patterson's Lt. Col. Mike Michno took second place overall and was the men's military winner in 2:45:33.25. He was seventh in the initial 26.2-mile race in 1997.

Capt. Kori Delwiche, of McGuire Air Force Base, N.J., won the women's race in 3:02:22.75, upsetting two-time defending champion Capt. Jill Metzger. Captain Metzger, who is stationed at Moody AFB, Ga., took second overall for women in 3:06:38.55.

Some runners had family and friends join in with them toward the end of the race, holding hands, struggling, smiling. They then received what some consider the best award anybody can receive at such a race - a medallion for their particular race, awarded by a base official or one of the sponsors. The first Air Force Marathon was held in 1987 in conjunction with the 50th anniversary of the Air Force. It is run on the Saturday nearest the anniversary on Sept. 18 every year. The 10th annual U. S. Air Force Marathon will be Sept. 16, 2006.

Full race results are available at <http://afmarathon.wpafb.af.mil/>.

Auto Skills Center

Contract mechanic and paint and body tech
— Work is done on appointment only basis. To make an appointment, call 828-2295.

Bowling Center

YABA Kids Day — Saturday from 1 to 4 p.m.
Family special — Bowl for \$1 a game on Sundays.
Daytime special — Bowl for \$1.75 a game Mondays through Fridays from 10 a.m. to 5 p.m.
Thunder Alley — Fridays from 9 to 11 p.m., \$8 for adults and \$5 for children. Saturdays from 7 to 11 p.m., \$10 for adults and \$5 for children.

Weekly specials

Today — Ham and turkey Melt

Monday — Sloppy Joe

Tuesday — Taco Salad

Wednesday — Lasagna

Thursday — Chicken sandwich

For more information, call 828-6329.

Community Center

Community Flea Market — Saturday from 9 a.m. to 1 p.m. The event will be held in the CAC Ballroom and backyard. A \$10 registration fee applies. Vendors are welcome.

Bill Cosby — Live at the Morrison Center. Tickets are \$46.25 and \$41.75, plus administration fee. The deadline to buy tickets is today.

For more information, call 828-2246.

Youth Programs

"Tween" Overnight — Tonight from 6 p.m. to 9 a.m. Ages 9 - 12. Fun and games at the Youth Center.

For more information, call 828-3889.

Outdoor Adventure Program

Open paintball — Saturdays from 9 a.m. to 2 p.m. and some Wednesdays from 2 to 6 p.m.

Open rafting — Saturdays and Sundays, \$30 per person trip. Minimum age is 12 years; minimum weight is 90 lbs.

Trinity backpacking trip — Oct. 8 - 10. \$40 per person, ages 18 and older only.

Moab mountain biking trip — Bike the world-famous Slickrock Trail in Utah, Oct. 6 - 9. The cost is \$110 per person, (\$125 if a bike is rented from OAP). Ages 18 and older, space is limited so sign up now.

For more information, call 828-6288.

Outdoor Recreation Supply

Weekend Tent Camping Special — Includes a four-person tent, ice chest, two sleeping bags, lantern and a camp stove, \$25 for the weekend. A larger package consisting of a six-person tent, four sleeping bags and the other amenities is available for \$40.

For more information, call 828-2237.

Silver Sage Golf Course

Restricted play — Today, call prior to playing.
2005 Base Golf Championship — Saturday and Sunday at 9 a.m. Event is \$50; \$30 for advanced players. No golf handicap necessary to participate,

but those individuals will play in a separate flight. Registration deadline is Thursday.

2005 Base Golf Championship — Feature discounted green fees, except holidays. E-1 through E-4 the cost is \$5, E-5 and up the cost is \$9. Guests are \$18, and 17 and younger is \$7 all day.

For more information, call 828-6559.

Library

Story Time — Wednesdays at 1 p.m. for supervised children; ages 3 - 5.

For more information, call 828-2326.

Gunfighters Club

Cook your own steak or chicken — Thursday from 5:30 - 8:30 p.m. Cook your own steak or chicken for \$3.95.

For more information, call 828-2105.

Pizza Etc.

September special — French dip sandwich, fries or tots and a 24-oz. soda for \$5.50.

Taco Thursday — Two tacos and a soda for \$3.95, taco salad and a soda for \$3.95 or a taco pizza and a soda for \$5.75.

Hours — Mondays through Fridays 10 a.m. to 9 p.m. Closed Saturdays, Sundays, holidays and goal days.

Trail Winds Café (military only)*Weekly specials*

Today — Breakfast: Breakfast burrito. Lunch: Chicken cordon bleu or egg salad sandwich and cheese sticks.

Monday — Breakfast: Breakfast burrito. Lunch: Pork rib sandwich or egg salad sandwich and curly fries.

Tuesday — Breakfast: Breakfast taco. Lunch: Burritos and cheese sticks.

Wednesday — Breakfast: Breakfast burrito. Lunch: Ravioli and curly fries.

Thursday — Breakfast: Breakfast taco. Lunch: Chicken strips and cheese sticks.

Fitness Center

Pool — Lap swimming now open Tuesday through Friday from 5:30 to 7:30 p.m.

Flag football — Scheduled to begin Oct. 3.

For more information, call 828-2381.

Trap and Skeet

Features both trap and skeet shooting. Winter hours: Wednesday thru Friday from 11 a.m. to 5 p.m.

For more information, call 828-6093.

Chapel

Catholic

Sunday Mass — 8 a.m.

CCD Sunday — 9:30 to 10:45 a.m. for three-year-olds to adults; located in the Religious Education Building.

Daily Mass — Wednesdays at 11:30

Protestant

Sunday School — 9:30 to 10:30 a.m. for six months to adults; located in the Religious Education Building.

Traditional Service — Sunday at 11:00 a.m. Also

Viper Visits



Photo by Senior Airman Sergio Aguirre

Viper hit the Fitness Center to stay in shape for the Wingman Day run Tuesday morning. The Fitness Center is open from 5 a.m. to 1 a.m. Monday through Thursday, 5 a.m. to 11 p.m. Friday and 8 a.m. to 8 p.m. Saturday and Sunday. To have Viper visit your shop, send an e-mail to Public Affairs at pa.news@mountainhome.af.mil with Viper Visits in the subject line.

provided at this time is Children's Church for 4-year-olds to second grade and Wee Joy for six months to five years.

Gospel Jubilee Service — Sunday at 1:15 p.m.
Protestant Extra's — PWOC (Protestant Women of the Chapel) meets Wednesday from 9:30 to 11:30 a.m. at the Religious Education Building

For more information, call 828-6417.

Wellness

Bundles for Babies

Becoming a parent is a life-changing event. Ease anxieties, gain confidence and skills while learning basic infant care, parenting skills, coping strategies for lifestyle changes and financial planning while transitioning to parenthood. Class will be held at the Family Support Center Wednesday from 1 to 3:30 p.m. To register, call 828-2458.

Anger Management

Unmanaged anger destroys relationships, families and individual health. Learn to understand and control your responses to anger. Must attend four consecutive weeks to receive a certificate. The class is held Wednesdays at Family Advocacy from 3 to 4 p.m. To register, call 828-7520.

Dad's Class

A class for dads by dads. Learn basic infant care and safety, understand various relationship issues and how to deal with the joys and fears of becoming a new father. Class will be held at the Base Chapel Sept. 30 from 8:30 a.m. to 2:30 p.m. To register, call 828-2458.

Education News

Montgomery GI Bill

Basic Monthly Rate for full time approved schools will increase \$30 per month from \$1,004 to \$1,034 effective Oct. 1.

Embry-Riddle Aeronautical University

Embry-Riddle Aeronautical University has started registration for the winter term. The term will run from Oct. 17 through Dec. 11. They also offer CCAF eligible classes and degree seeking classes.

For more information, call 832-2222 or 828-4190.

Online Tuition Assistance

Mountain Home AFB has implemented online Tuition Assistance (TA) for all continuing education students. As always, first-time TA users are required to see a counselor before receiving TA. Online TA will be accessible from any computer. Simply link to the Air Force Virtual Education Center from the Air Force Portal. The use of online TA will become mandatory for all students with access on Oct. 1. A step-by-step tutorial explaining how to use this program is available from BTES.

For more information, call BTES at 828-6363.

The University of Oklahoma

The University of Oklahoma is taking enrollments for the last class of the fall semester. This class is State and Local Finance Systems and is scheduled Dec. 4 - 10. The last day to enroll in this class is Nov. 4. Visit the University of Oklahoma's Web site at www.gouou.edu for a complete list of programs and classes. The Master of Public Administration program is open to all, military and civilian.

For more information, call 828-4188 or stop by the Education Services Center.

Boise State University

The fall semester is 12 weeks long and began Aug. 22.

For more information, call 828-6746, come to the office or visit www.boisestate.edu.

Park University

Registration has begun for fall 2 on-site and online classes. The on-site term runs Oct. 17 to Dec. 11. The online term runs Oct. 24 to Dec. 18. Active duty members may register, but will have to wait until October to get TA and confirm their seat.

For more information, call 832-4335 or stop by the park University office.

Housing News

Lawn fertilizing

The time to fertilize our military family housing lawns is upon us once again. The contractor will begin applying fertilizer at the end of September and finish in October. The contractor is required to provide written notification to each occupant two or three days prior to beginning the work.

To help the contractor, remove any personal items and arrange the yard for easy access, as the front and back lawns are scheduled for fertilizer. For the contractors safety, remove any pets from the back yard before they arrive also.

The notifications will also include instructions for lawn care, as well as the contractors phone number should anyone have any questions.

The coordination and application of fertilizer to more than 1,000 housing units and common areas is an extremely huge undertaking and we ask for your cooperation to ensure all goes smoothly, so that next spring and summer we will all see the benefits of this program.

Cleaning game in housing

Many hunters prefer to process their own game instead of paying for it commercially. In most of southern Idaho this is not an uncommon practice, and Mountain Home AFB is no exception. However, we do ask hunters to be considerate to those living in their neighborhoods by curing the game in the garage or in the backyard for those without garages. All game should be processed in a timely manner; the carcass properly disposed of, and the area sanitized.

Posting of yard sale signs

Attaching unofficial signs, such as "yard/garage sale," to utility poles, traffic signs or other structures are prohibited on Mountain Home AFB. This isn't intended to discourage garage sales, but to eliminate safety hazards and improve the base's appearance.

The Self-Help Store has signs, which can be used to advertise the garage sale. All signs must be returned to the Self-Help Store on the Monday following the sale.

Furnace filters

It's time to check the heating and cooling system filters. Furnace filters need to be removed and cleaned or replaced monthly. This will aid in efficiency of the unit. Filters are available at the Self-Help Store. For more information, call Satellite Services at 832-4643.

THE BIG SCREEN

Today — *Supercross* — PG-13 — 7 p.m. — starring Steve Howey and Mike Vogel. Two brothers overcome emotional and physical obstacles to achieve success in the competitive world of Supercross racing.

The brother's conflicts are magnified by their different life choices and their decision to become competitors and rivals. When K.C. gets an all-expenses paid corporate sponsored ride, a rift forms between the two brothers. Trip is forced to go at it alone, becoming a rider without a sponsor. But when a career threatening crash ends Trip's Supercross career, they realize that they must put aside their conflicts, and work together to help defeat the world's greatest Supercross champions. 1 hr 32 mins.

Saturday — *Valiant* — G — Animated — 7 p.m. A lowly wood pigeon named Valiant, overcomes his small size to become a hero in Great Britain's Royal Air Force Homing Pigeon Service during World War II. The RHPS advanced the Allied cause by flying vital messages about

enemy movements across the English Channel, while evading brutal attacks by the enemy's Falcon Brigade. 1 hr 49 mins.

Sunday and Monday — *Four Brothers* — R — starring Mark Wahlberg and Andre Benjamin — 7 p.m. — After their adoptive mother is murdered during a grocery store



hold-up, the Mercer brothers — hot-headed Bobby, hard-edged Angel, family man and business-



man and hard rocking Jack — reunite to take the matter of her death into their own hands. As they track down the killer, they quickly realize that their old ways of doing business have new conse-

Tuesday, Wednesday and Thursday — Theater Closed